

ART THERAPY-AS A MODERN DIRECTION IN SCHOOL ACTIVITIES

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Abstract:

The importance and functions of art therapy. To study the importance of the use of art therapy in schoolchildren.

Keywords: Art therapy, psychotherapy, art, puppet therapy, collage, development, creativity, education, upbringing.

Introduction

Since the independence of our state, systematic work has been carried out to introduce requirements of world standards in the field of Education. At this point, we can base our presentation on its words below." One of the most important and pressing issues is the education of young people with high morale, modern knowledge and profession, with their own independent opinion, in the spirit of national and universal values." We can find that many innovations are being implemented in the field of education in every field of Education. In particular, school practice is also taught using modern directions. One such area is art therapy.

"Art therapy" literally translated means treatment with art. It is considered a method based on the therapeutic effect of communication combined with creativity. Art therapy is a relatively new way of psychotherapy. Art treatments were originally used in Nazi camps to work with stressed children. The term "art therapy" was first coined in 1938 by Adrian Hill in his work with tuberculosis patients, and soon became common. At the moment, it is held in hospitals and mental health centers. Art therapy is a specialized form of psychotherapy based on the strong influence of art on the emotional and personal-semantic li areas of a person, on the system of his relations, primarily on the visual arts, as well as on creative activities related to the visual arts. The strategic goal of Art therapy is to harmonize the client's self - expression and self-knowledge with personal development through art, as well as to develop the ability to perform constructive actions, taking into account the reality of the surrounding world. It implies the approval and acceptance of all products of creative pictorial activity, regardless of the most important principle of art Therapy - Content, form and quality. Art therapy is a set of psychocorrectional methods with detectable differences and characteristics, both in genre and in the direction and technology of psychocorrective therapeutic applications belonging to a particular art form. Since art therapy is provided by the means of art, its systematicity is primarily justified by the specificity of art forms (music - music therapy; Fine Arts - isotherapy; theater, Image - Image Therapy; literature, book - bibliotherapy, dance, movement - kinesitherapy).

Art therapy has a variety of goals: self-knowledge, self-expression, internal integration of personality, integration with external reality, expansion of personal experience. Visual creativity is the best tool that provides a synthesis of fantasy and reality, which is difficult to achieve in adults or children without the help of art. The second important concept in this area of



psychotherapy is sublimation. The unconscious consists of expressing instincts and concepts through art.

- art therapy provides an opportunity to express various feelings and emotions, mainly in a socially acceptable way;

Color-image or modeling are the safest and most suitable options for this purpose;

- art therapy is used as an additional tool to speed up the healing process;

- in the process of treatment in art therapy, the basis for interpretation and diagnostic work is created. The content and style of work allow the therapist to learn a lot about the patient, in addition, the patient can talk about internal conflicts during the interpretation of his work;

- art therapy allows you to deal with emotions and thoughts expressed by life accidents such as loss, trauma, fear, etc. Sometimes nonverbal means are the only effective means that reveal and clarify strong feelings and beliefs;

- serves to strengthen and develop emotions, mindfulness;

- promotes a sense of self-control and internal order;

- art therapy helps to reveal hidden talents and abilities. In addition, the following psychotherapeutic influence factors are highlighted in art therapy:

- the factor of artistic expression-the experience of the client to embody his feelings, needs and thoughts in his work, interact with various artistic materials and artistic image;

- psychotherapy relationship factor-client-therapist-Group relationship dynamics (conduction and countertransference), projection, effects of personal experience;

- the factor of interpretation and verbal feedback - allows you to change, translate material (process and result of creation) from the emotional level to the level of perception, to the level of formation of meanings.

There are also several methods and types of art therapy, which are selected depending on the condition of the Examiner. When art chooses a method of therapy, the patient can choose the method of isotherapy, treatment with music, sand and fairy tales, and any other type of creativity. Training usually lasts 1-2 hours and takes place several times a week. The Psychologist offers to meet with a examiner or a group, choose convenient materials and start work. In a calm, friendly environment, the specialist will help participants focus on their own emotions or tactile emotions. When the creative process is complete, the testers discuss the results with a psychologist. Below are samples of art therapy exercises:

1. Draw a plot. The Psychologist offers to draw on a specific topic, and it should reflect the feelings of the participant. Discussion of the case will help a specialist on the floor to understand your emotional state.

2. Make a collage. The band members collage on a theme. It can reflect dreams and life goals. In this way, with the help of a psychologist, you can plan a path that will make you happy. The collage will be a source of inspiration.

3. Draw using music. This requires understanding the musical composition and putting your emotions on paper. Anxiety goes away, the mood rises, the strength is felt.

4. Puppet therapy is used when working with children and is based on identification with the image of a favorite hero (fairy tales, cartoons, toys). This method is used for various behavioral disorders, fears, difficulties in the development of the communicative sphere, etc. Puppet therapy technology is carried out in a "play" narrative style associated with a traumatic situation with the help of a



character for a child. These methods and types of art therapy are used in school activities within certain disciplines. It is gaining importance for students.

In place of the conclusion, it is worth saying that when working with students, it is important to use flexible forms of psychotherapy, and art therapy, that is, art therapy, gives the reader the opportunity to be aware of the problem of their conflict situation or the most favorable method for their psyche. It also allows students to achieve a positive result through safe methods.

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